

GUIDE TO

health programs

ENGLISH

Vea el otro lado para ESPAÑOL

FREE

A Bilingual Resource to Help Find Free or Low-Cost Health-Related Programs for You and Your Family



**2008-2009
EDITION**

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About This Guide

This easy-to-use guide was created for families and community organizations. The following pages give simplified descriptions of the public and private programs that exist to increase access to health care services for low-income individuals in California. The information presented in this guide was compiled from publicly available sources, including online and printed materials.

Eligibility for most programs is based partially on income (see chart below). Because eligibility guidelines may change, those interested in a specific program should contact that program directly. Ask to speak to an eligibility worker for the latest eligibility requirements and for a more complete description of the application process.

Funding for the creation of this guide was provided by:



CALIFORNIA
HEALTHCARE
FOUNDATION



Grantmaking for a Healthier California









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Important: Use this chart when programs in this guide refer to percentage of the Federal Poverty Level (FPL)

(Effective 4/1/2008)*

Number of Persons      	185% FPL (WIC - Women, Infants, & Children)		200% FPL (Breast and Cervical Cancer Treatment, CHDP, CMSP, Family PACT, PE Medi-Cal, Pregnant Women and Children Under 1**, VSP)		250% FPL (CaliforniaKids, Healthy Families, Healthy Kids in Riverside County)		300% FPL (AIM - Access for Infants & Mothers, Healthy Kids, Kaiser Permanente Child Health Plan)	
	Monthly	Annual	Monthly	Annual	Monthly	Annual	Monthly	Annual
1 person	\$1,603	\$19,240	\$1,733	\$20,800	\$2,167	\$26,000	\$2,600	\$31,200
2 people	\$2,158	\$25,900	\$2,333	\$28,000	\$2,917	\$35,000	\$3,500	\$42,000
3 people	\$2,713	\$32,560	\$2,933	\$35,200	\$3,667	\$44,000	\$4,400	\$52,800
4 people	\$3,268	\$39,220	\$3,533	\$42,400	\$4,417	\$53,000	\$5,300	\$63,600
5 people	\$3,823	\$45,880	\$4,133	\$49,600	\$5,167	\$62,000	\$6,200	\$74,400
6 people	\$4,378	\$52,540	\$4,733	\$56,800	\$5,917	\$71,000	\$7,100	\$85,200

* The federal government adjusts the poverty levels every year. According to the California Department of Health Care Services, the increases became effective April 1, 2008, even though the federal government published the last increases on January 23, 2008.

** Examples of Medi-Cal eligible populations in this income range.

Note: To calculate the 400% FPL, please follow the Source link (below) and multiply the 100% FPL by four.

Source: www.cms.hhs.gov/MedicaidEligibility/Downloads/POV08Combo.pdf



The Health Initiative of the Americas (<http://hia.berkeley.edu>), a program of the School of Public Health at UC Berkeley, is instrumental in the development and distribution of this guide. The initiative coordinates Binational Health Week in partnership with the Secretariats of Health and of Foreign Affairs of Mexico, Ministry of Foreign Affairs for Guatemala, El Salvador, Honduras, Nicaragua, Colombia, and Ecuador, the Mexican Social Security Institute, and the California Department of Health Services, The California Endowment, The California HealthCare Foundation, the United States-Mexico Border Health Commission, and the *Consejo de Federaciones Mexicanas en Norte América*, among other partners.

Latino Consultants (www.LatinoConsultants.com) was responsible for the design and coordination of this guidebook with funding from the California HealthCare Foundation, The California Wellness Foundation, Blue Shield of California Foundation, The California Endowment, and The David & Lucile Packard Foundation. Contributing editors included the California HealthCare Foundation, the Health Initiatives of the Americas, the Latino Coalition for a Healthy California, Patricia Mintz, and the National Immigration Law Center.

About “Public Charge”

“Public Charge” is a term used in immigration law to describe persons who cannot support themselves and whose income depends on cash benefits like CalWORKs or Supplemental Security Income (SSI, see page 15, FAQ no. 3).

The United States Citizenship and Immigration Services (USCIS, formerly known as the INS) can refuse to grant permission to enter the United States to an immigrant who is likely to become a “public charge” in the future. **However, the USCIS issued rules in 1999 stating that use of health care benefits, including Medi-Cal, Healthy Families, and county health care programs will NOT be considered in public charge determinations.**

Using these public benefits will not jeopardize an immigrant’s current Lawful Permanent Resident status (Green Card). Further, using public benefits will not prevent him or her from becoming a Lawful Permanent Resident, sponsoring a family member, and/or becoming a U.S. citizen in the future. Immigrants who are worried about hurting their sponsor by seeking health care should contact their local Health Consumer Alliance office (see page 11) or an immigration lawyer. For additional resources, including phone numbers of County Human and Social Services offices, please see page 16 of this guide.

Remember, most immigrants can get health care services without hurting their immigration status. The USCIS says it is OK to get:

- Medi-Cal
- Healthy Families
- Other health care services

Getting health care alone should not keep an immigrant from getting a Green Card. If an immigrant has a Green Card, it should also not stop him or her from returning to the United States after a trip lasting fewer than six months.



You Should Know:

The Federal Deficit Reduction Act of 2005 significantly changed documentation requirements for citizens applying for Medi-Cal. Now, many applicants and beneficiaries must provide documents such as passports, naturalization papers, birth certificates, and photo identification to prove their status as U.S. citizens.

It is OK to get most other government help that is not cash. Services that you can get include:

- Food stamps
- WIC
- School breakfast and lunch

However, you can have an immigration problem if the government pays for you to be in a long-term care nursing home or mental hospital. If you are dishonest in the information you give the government, that can create a problem. Contact a lawyer or the Health Consumer Alliance (see page 11) if you have questions about accepting benefits that may categorize you as a “public charge.”



Qualified Immigrants

Some health and public benefit programs are available for U.S. citizens and “qualified” immigrants.

1 “Qualified” immigrants include:

- a. Lawful Permanent Residents (LPRs) or those with Green Cards;
- b. Refugees, asylees, persons granted withholding of deportation, conditional entry (in effect prior to April 1, 1980), or paroled (given permission to enter the United States for a specific period of time determined by the USCIS) for at least one year;
- c. Cuban/Haitian entrants; and
- d. Battered spouses and children with a pending or approved:
 - Self-petition for an immigrant visa, or
 - Immigrant visa filed for a spouse or child by a U.S. citizen or LPR, or
 - Application for cancellation of removal/suspension of deportation.

2 “Not qualified” immigrants include all non-citizens who do not fit within the “qualified” immigrant category.

Information for Immigrants



For a more detailed description of issues related to public charge, visit:

dhsforms.hr.state.or.us/Forms/Served/DS1058P.pdf

Or call:

HelpLink/CAIRS & Immigrant Assistance Line



415-808-4357 (Bay Area)

211

(Available in 19 California counties: Ventura, Los Angeles, Orange, Riverside, San Diego, Santa Barbara, Contra Costa, San Francisco, San Bernardino, Alameda, Santa Clara, Kern, Stanislaus, San Luis Obispo, Fresno, Marin, Solano, Napa, and Sacramento)



Coalition for Humane Immigrant Rights of Los Angeles (CHIRLA)

888-624-4752 (English/Spanish)
213-353-1333

National Immigration Law Center

The National Immigration Law Center is an organization dedicated to protecting and promoting the rights of low-income immigrants and their family members.



www.nilc.org

Full Scope Medi-Cal

Medi-Cal, California's Medicaid program, provides health care services for low-income children, parents, elderly, and disabled individuals. Services covered include hospital inpatient and outpatient care, skilled nursing care, doctor visits, lab tests and X-rays, family planning, regular illness-related examinations, outpatient drugs, dental care, occupational therapy, and more.

There are multiple eligibility categories for *full scope* Medi-Cal, including for individuals who qualify for CalWORKs and Supplemental Security Income (SSI).



Visit the Department of Health Care Services Web site or look at the Resources section on page 16 of this guide for more information, locations, and phone numbers of county offices.

www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx



916-464-7547

Call to find out the phone number for your county office.

eligibility criteria

Individuals must:

- Be U.S. citizens or qualified legal immigrants
- Be California Residents
- Be one of the following: parents, children, elderly or disabled individuals
- Have a low income

Other Medi-Cal Programs

Many programs are offered under Medi-Cal; some cover a more limited range of services than the full-scope program.

For example, its *Breast and Cervical Cancer Treatment Program* is for women with a confirmed diagnosis of cervical cancer and for men and women with a confirmed diagnosis of breast cancer. Medi-Cal also covers services related to *kidney dialysis, tuberculosis, and Total Parenteral Nutrition (TPN)*, which are designed for individuals who cannot qualify for Medi-Cal because of a disability.

The income and resource rules vary according to the category of eligibility.

If you need health services, you should contact your county social services department to find out about these and other programs for which you might qualify (call the number provided above, or see page 16 for a listing of county phone numbers).



Medi-Cal Minor Consent

This program provides certain services to children under age 21, *regardless of immigration status*, and does not require parental consent or notification.

Minor Consent covers:

- Substance abuse
- Outpatient mental health
- Family planning
- Pregnancy-related services
- Diagnosis and treatment of sexually transmitted diseases
- Treatment after sexual assault

eligibility criteria

- A minor must live at home with parents and have California residency;
 - ♦ The child can have a separate Medi-Cal case from his or her parents
 - ♦ *There is no immigration requirement*
 - ♦ Only the child's income and resources are counted toward the income eligibility requirements
- Application must be made through a county worker

Other Medi-Cal Programs

Medically Needy Medi-Cal

This program is for people who do not receive cash aid, but meet the Supplemental Security Income (SSI, see page 15, No. 3) requirements of age, blindness, disability, or previous Aid to Families with Dependent Children (AFDC) requirements.

Medically Needy individuals may have a share of cost. "Share of Cost" is the amount of money a person must pay, or agree to pay, each month for medical goods and services before Medi-Cal begins to pay. The higher a person's income, the more their share of cost.

eligibility criteria

Individuals must be one of the following:

- 65 or older
- Disabled
- Blind
- Parents and children who meet deprivation requirements (i.e., when a parent is disabled, deceased, or absent from the home)
- Parent or caretaker that is a relative of a child under 21

Emergency Medi-Cal

This is a Medi-Cal program providing limited services to individuals who otherwise meet the Medi-Cal criteria, but who are not "qualified" immigrants or immigrants Permanently Residing in the U.S. Under Color of Law (**PRUCOL**, see page 15, No. 4). Emergency medical services are covered when health is in serious jeopardy, there is serious impairment of body functions, or a serious problem exists with an organ or body part.

Pregnancy Only Medi-Cal

This program provides family planning, prenatal, pregnancy, and postpartum related services of care (for 60 days after delivery) to women under 200% of the Federal Poverty Level (see page 2), regardless of immigration status.

eligibility criteria

- Any woman who thinks she may be pregnant
- A family income at or below 200% of the Federal Poverty Level for her family size (a pregnant woman counts as two people; see page 2)
- Must be California resident

Presumptive Eligibility for Medi-Cal

Presumptive Eligibility (**PE**) is a Medi-Cal program that provides immediate, temporary coverage for outpatient prenatal care to pregnant women at or below 200% of the Federal Poverty Level (see page 2). Application for PE is completed at the PE provider's office.

PE will cover an initial pregnancy test and all prenatal care, but does not cover delivery or hospitalization. A pregnant woman with PE should apply for regular Medi-Cal as soon as possible, by calling 916-464-7547 to receive your local county office contact information.



Visit the Department of Health Care Services Web site or look at the Resources section on page 16 of this guide for more information, locations, and phone numbers of county offices.



www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx



916-464-7547

Call to find out the phone number for your county office.



You Should Know:

The Federal Deficit Reduction Act of 2005 significantly changed documentation requirements for citizens applying for Medi-Cal. Now, many applicants and beneficiaries must provide documents such as passports, naturalization papers, birth certificates and photo identification to prove their status as U.S. citizens.

Need Help Completing An Application?

The Healthy Families and Medi-Cal Programs information line (800-880-5305) can help you locate a Certified Application Assistant (CAA) in your area. CAAs are specially trained to help families complete applications for these programs. Assistance is free and available in 10 languages, including Spanish.



Healthy Families

Healthy Families provides health care for low-income children under the age of 19 who have incomes above the eligibility level for Medi-Cal, but below 250% of the Federal Poverty Level (see page 2). Children who are enrolled in Medi-Cal or have employer-sponsored coverage do not qualify.

The program provides low-cost health, vision, and dental coverage. Children who qualify for Healthy Families get 12 months of health coverage, as long as the monthly premiums are paid by the 20th of every month. All children in Healthy Families are enrolled in a health plan, which families can choose when applying. There are different health plans available for different areas of California.



www.healthyfamilies.ca.gov



800-880-5305

eligibility criteria

- Children up to their 19th birthday
- Children must be U.S. citizens or qualified immigrants (see page 3)
- Children must have family incomes at or below 250% of Federal Poverty Level (see page 2)
- Children must not qualify for no-cost Medi-Cal
- Children must not have been covered by an employer-sponsored insurance policy for at least three months



Need Help Completing An Application?

The Healthy Families and Medi-Cal Programs information line (800-880-5305) can help you locate a Certified Application Assistant (CAA) in your area. CAAs are specially trained to help families complete applications for these programs. Assistance is free and available in 10 languages, including Spanish.

Child Health and Disability Prevention Program

The Child Health and Disability Prevention Program (**CHDP**) is a preventive health program for low-income children and youth, *regardless of immigration status*. Eligible children receive periodic preventive health assessments that include medical, vision and hearing screenings, and immunizations. Those with suspected problems are then referred for diagnosis and treatment.

The CHDP Gateway program helps to enroll eligible children in the Medi-Cal or Healthy Families programs. When children receive health assessments and preventive care services from CHDP providers, they can often enroll in temporary full-scope Medi-Cal for up to two months. Enrolling in continuous full-scope Medi-Cal or Healthy Families after the temporary period requires a second step: families must complete a joint application for Medi-Cal and Healthy Families, and submit it for a final eligibility determination. Families are best served in completing the application by seeking out assistance from a Certified Application Assistant (see the green box above).



To find the phone number to the CHDP program in your county, please visit:

www.dhcs.ca.gov/services/chdp/Pages/countyoffices.aspx

eligibility criteria

- Children under age 21 with Medi-Cal under the Federal EPSDT (Early and Periodic Screening, Diagnostic and Treatment) Program
- Children and youth from birth to age 19 who are not eligible for Medi-Cal with family income equal at or below 200% percent of the Federal Poverty Level (see page 2). They are eligible for health assessments based on the same schedule as Medi-Cal enrolled children and youth
- Children enrolled in Head Start and State preschool programs

California Children's Services

California Children's Services (CCS) covers children with certain significant physical limitations and chronic health conditions or diseases.

CCS can authorize and pay for specific medical services and equipment provided by CCS-approved specialists.

If your child is eligible, CCS offers:

- Treatment, such as doctor services, hospital and surgical care, physical therapy and occupational therapy, laboratory tests, X-rays, orthopedic appliances, and medical equipment.
- Medical case management to help get specialists and medically necessary care for your child and referrals to other agencies, including regional centers.
- The Medical Therapy Program (MTP), which can provide physical therapy and/or occupational therapy in public schools for children who are medically eligible.



www.dhcs.ca.gov/services/ccs/Pages/countyoffices.aspx

Note: Additional information and all other county phone numbers are posted on the Web site.

eligibility criteria

The program is open to anyone who:

- Is under 21 years old
- Has or may have a medical condition that is covered by CCS
- Is a resident of California
- Has the following:
 - ◆ Family income of less than \$40,000 as reported as the adjusted gross income on the state tax form **OR**
 - ◆ Out-of-pocket medical expenses for the qualifying child that are expected to be more than 20% of family income **OR**
 - ◆ Healthy Families coverage **OR**
 - ◆ Medi-Cal **OR**

Family income is not a factor for children who:

- Need diagnostic services to confirm a CCS-eligible medical condition
- Were adopted with a known CCS-eligible medical condition
- Are applying only for services through the Medical Therapy Program (MTP)
- Are Medi-Cal beneficiaries with full scope, no-share-of-cost benefits
- Are Healthy Families beneficiaries

Access for Infants and Mothers

Access for Infants and Mothers (AIM) is intended for financially eligible pregnant women who have incomes above Medi-Cal levels. *There is no immigration status requirement to qualify for the AIM program.*

The AIM program provides low-cost health insurance coverage to uninsured, low-income pregnant women. It is designed for women who do not have health insurance and whose income is too high to qualify for no-cost Medi-Cal. Importantly, infants born to mothers enrolled in AIM are eligible for enrollment in Healthy Families.

eligibility criteria

- Must be pregnant, but not more than 30 weeks pregnant as of the application date
- Must have a monthly household income between 200% - 300% of the Federal Poverty Level (see page 2)
- Must have lived in California for the last 6 months
- Is not receiving no-cost Medi-Cal or Medicare Part A and Part B benefits as of the application date
- Cannot have maternity benefits through private insurance, unless the coverage has a deductible or co-payment specifically for maternity services that is more than \$500



800-433-2611



www.aim.ca.gov/English/AIMhome.asp



Kaiser Permanente Child Health Plan

Kaiser Permanente Child Health Plan provides coverage for low-income children who do not qualify for Medi-Cal or Healthy Families because of family income or immigration status. This program provides health insurance with a premium of \$8 or \$15 per child, per month, for up to three children, depending on family size, and income. Additional children are covered at no extra premium. Benefits include doctor's office visits, prescription drugs, mental health care, hospital care, laboratory and X-rays, and emergency visits.

Northern California: Applications are being accepted and can be mailed to you for free by calling the Member Services number provided below, or by going to the link for the enrollment kit Web site address provided below.

Southern California: Please check the Web site or call the phone numbers provided below to see if new enrollments are currently being accepted in your area.



info.kp.org/childhealthplan/enrollment.php (enrollment kit)
info.kp.org/childhealthplan (program information)



800-464-4000 (Toll-Free)

800-777-1370 (Toll-Free for the hearing/speech impaired)

eligibility criteria

- Children under 19 years old (birth through age 18) who are not currently insured and are not eligible for Medi-Cal or Healthy Families
- Children not eligible for health care coverage that is paid for, in any part, by an employer
- Children whose families earn up to 300% of the Federal Poverty Level (see page 2)
- Children living within a Kaiser Permanente service area

Please note: The Applicant must be age 19 or older to apply for KP Child Health Plan

Vision Service Plan: Sight for Students Program

Sight for Students is a Vision Service Plan (VSP) program that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need, and VSP network doctors who provide the eye care services.

Parents and guardians interested in seeking assistance through the Sight for Students program must work through VSP's established network of community partners. Please use the Web site or call the phone number below to find a community partner in your area.



888-290-4964

eligibility criteria

- Child is 18 years old or younger and has not graduated from high school
- Family income is no more than 200% of Federal Poverty Level (see page 2)
- Child is not enrolled in Medi-Cal or other vision insurance
- Child or parent is U.S. citizen or legal immigrant
- Child has not used the Sight for Students program during the past 12 months



www.sightforstudents.org
 (Click on "Finding a Partner")



Local Children's Coverage Programs

Many California counties and other organizations have developed local health insurance programs for newborn children through age 18 who do not qualify for Medi-Cal or Healthy Families. The following summarizes some of the different programs and information available:

Healthy Kids

The Healthy Kids program is a local health coverage program operated by local health plans or, in some cases, commercial health plans. Twenty-three counties enroll children in Healthy Kids, while other counties are in the planning stages.

This program is for children under 19 years old who are ineligible for either Medi-Cal or Healthy Families because of immigration status or income level.

Benefits are similar to those of Healthy Families and include medical, dental and vision services, prescription drugs, and mental health care. Monthly premiums are up to \$15 per child and usually up to a limit of \$45 per family, but costs vary by county and by income. Co-payments are generally \$5 for services such as office visits, prescription drugs, and vision care, but also vary by county. There are no co-payments for preventive services, such as check-ups and immunizations. Some counties have waiting lists for their programs, especially for children ages 6 to 18. Check with your local Healthy Kids program to find out more.

eligibility criteria

- Must be under 19 years of age
- Must be ineligible for Medi-Cal or Healthy Families
- The family's income must be below 300% of Federal Poverty Level, except in San Mateo County where the income must be below 400%, and Riverside County where the income must be below 250% (see page 2 or call your county office for more information)
- Family must reside in the county

Colusa: 530-458-5555

El Dorado: 800-388-8690

Fresno: 866-459-4545 (English)
559-244-4545 (Spanish)
www.champ-net.org/programs/hkFresno.cfm

Kern: 661-631-6000
www.champ-net.org/programs/hkKern.cfm

Los Angeles: 888-452-5437
www.lacare.org/potentialmembers/healthprograms/healthykids

Merced: 209-381-1267
209-381-1266

Napa: 707-227-0830

Orange: 714-246-8737

Riverside: 866-294-4347
www.iehp.org
(for information on Healthy Kids, click on "Members" and then "Our Products")

Sacramento: 866-850-4321
916-808-3838
www.coverthekids.com

San Bernardino: 866-294-4347
www.iehp.org
(for information on Healthy Kids, click on "Members" and then "Our Products")

San Francisco: 800-288-5555
www.sfhp.org
(for information on Healthy Kids, click on "Members")

San Joaquin: 800-932-7526
www.hpsj.com
(for information on Healthy Kids, click on "Our Plans")

San Luis Obispo: 805-540-5177
www.slohealthykids.org

San Mateo: 650-573-3595
www.smcchi.org

Santa Barbara: 877-814-1861
www.champ-net.org/programs/hkBarbara.cfm

Santa Clara: 800-260-2055 and 888-244-5222
www.scfhp.com

(For more information on Healthy Kids, click on "SCFHP Programs") and
www.chikids.org
(For more information on Healthy Kids, click on "About CHI")

Santa Cruz: 831-763-8568 and 831-454-2515
www.schealthykids.org

Solano: 800-978-7547

Sonoma: 800-427-8982
www.healthykidssonomacounty.org

Tulare: 877-613-5437 (for children ages 0-5)
800-327-0502 (for children ages 6-18)
www.healthykidstulare.org

Yolo: 866-607-4030
530-757-5558
www.yolohealthykids.org

Yuba: 530-749-4877

CaliforniaKids

CaliforniaKids is a nonprofit organization that provides outpatient health care, vision, and dental care to children in several California counties (hospital care not included). The program is for children who are ineligible for Medi-Cal and Healthy Families for reasons of immigration status or income. It enrolls children ages 2 to 18 in many counties throughout California. Monthly premiums are up to \$25 and may vary by county. Co-payments are \$5-\$50 for most services. Check with CaliforniaKids to find out about availability in your county.



www.californiakids.org



818-755-9700

eligibility criteria

- Must be between 2 and 18 years old
- Must be a resident of California
- Must be single and attend school
- Must be ineligible for Medi-Cal or Healthy Families
- The family's income must be below 250% of the Federal Poverty Level (see page 2)



Medicare

Medicare is a federal health insurance program for people 65 and older, some younger people with disabilities, and people with End Stage Renal Disease (ESRD) or kidney failure.

Medicare inpatient services are generally covered through Part A medical insurance. Medicare's hospital insurance, and outpatient services are provided through Medicare Part B. A combination of the services covered through Medicare Part A and B are available through Medicare Part C. Medicare Part D provides prescription drugs to Medicare beneficiaries at a limited cost.



www.cahealthadvocates.org
www.medicare.gov



800-633-4227
(800-Medicare)



You Should Know:

If you are not a U.S. citizen or a legal immigrant who has lived in the United States continuously for a five-year period, contact the Social Security Administration at (800-772-1213) for more information on Medicare enrollment and eligibility.

eligibility criteria

- Age 65 or older, or under 65 with certain disabilities
- End Stage Renal Disease patients
- Amyotrophic lateral sclerosis (ALS / Lou Gehrig's disease) patients
- U.S. citizens or qualified immigrants living in the United States continuously for five years (with Social Security number)
- Non-citizens who have been a lawful permanent residents of the United States for at least 5 years are required to pay a premium to be eligible for the Medicare Part A program

To check eligibility, you may use the tool on the federal government's Medicare Web site:
www.medicare.gov/MedicareEligibility/home.asp

County Medical Services Program For Medically Indigent Adults

County Medical Services Program (**CMSP**) for Medically Indigent Adults is for low-income adults in primarily rural California counties. There is an immigration status requirement for non-emergency services.

This is a joint county/state program operated in 34 California counties that provide medical and dental care to adults aged 21- 64 who are low-income, but are not eligible for the state's Medi-Cal Program. The medical benefits CMSP clients receive are similar to those covered by the Medi-Cal program, with the exception of pregnancy-related services and long-term care. Contact your county's social services department for more information or an application.



www.cmspcounties.org



916-649-2631

eligibility criteria

- Incomes that are below 200% of the Federal Poverty Level (see page 2)
- California residents
- Residents of one of the 34 participating counties
- Full benefits are available only to U.S. citizens and "qualified" immigrants; "not qualified" immigrants may receive only emergency services (see page 3)

Family PACT (Planning Access Care Treatment)

The Family PACT program provides comprehensive family planning services and supplies to eligible low-income men and women, including teens. People who are eligible are covered for one year.

The program offers:

- Emergency contraceptives
- Female and male sterilization
- Birth control methods and supplies
- Basic reproductive health assessments
- Prevention and treatment of sexually transmitted infections
- Individual education and counseling
- Hepatitis B immunizations
- Pregnancy testing and counseling
- HIV testing and counseling
- Limited female and male cancer screening



www.familypact.org



800-942-1054

eligibility criteria

- Are at risk of pregnancy, or of causing pregnancy
- Have no insurance, including no Medi-Cal
- Are California residents
- Have an income at or below 200% Federal Poverty Level (see page 2)
- Must not be older than 55 years of age for females and 60 years of age for males
- Have insurance, which does not cover family planning or birth control methods

Information for Immigrants

Health Consumer Alliance:

Health Consumer Alliance is a partnership of two support centers and nine Health Consumer Centers across 13 California counties, which are operated by community-based legal service organizations. Individuals needing health care assistance can contact a Health Consumer Center in their area. The Web site below provides information about various programs available in California.



www.healthconsumer.org



Alameda: 510-250-5270	San Diego: 877-734-3258	Los Angeles TTY/TTD: 818-834-7575	Yolo: 888-354-4474
Fresno: 800-300-1277	San Francisco: 415-982-1300	Placer: 888-354-4474	Yolo TTY/TTD: 916-551-2180
Imperial Valley: 760-353-0220	El Dorado: 888-354-4474	Sacramento: 888-354-4474	
Kern: 800-906-3982	El Dorado TTY/TTD: 916-551-2180	San Mateo: 650-558-0915	
Orange: 800-834-5001	Los Angeles: 800-896-3203	San Mateo TTD: 650-558-0786	

Legal Resources Regarding Immigrant Access to HealthCare:

National Immigration Law Center

National Immigration Law Center is an organization dedicated to protecting and promoting the rights of low-income immigrants and their family members. www.nilc.org

California Immigrant Policy Center

California Immigrant Policy Center is an organization dedicated to protecting and enhancing the well-being of low-income immigrants in California. www.caimmigrant.org

National Health Law Program

The National Health Law Program is a national public interest law firm that seeks to improve health care for America's working and unemployed poor, minorities, the elderly, and people with disabilities. www.healthlaw.org

For pro bono legal assistance, try the American Bar Associations Web site:

www.findlegalhelp.org

www.lawhelp.org



Ventanillas de Salud:

Ventanillas de Salud is a partnership among the Mexican consular network and local health advocacy and health services organizations. The program is staffed by bilingual and culturally sensitive health workers, and is expected to become available in other Latin American consulates throughout California.

Mexican Consulate of Los Angeles

2401 West 6th Street, Los Angeles, CA 90057
(213-351-6800)

Mexican Consulate of San Francisco

532 Folsom Street, San Francisco, CA 94105
(415-354-1721)

Mexican Consulate of Calexico

408 Heber Avenue, Calexico CA 92231
(760-357-3863)

Mexican Consulate of Santa Ana

828 N. Broadway Street, Santa Ana, CA 92701
(714-835-0042)

Mexican Consulate of San Diego

1549 India Street, San Diego, CA 92101
(619-308-9964)

Mexican Consulate of San Jose

540 N. First Street, San José, CA 95112
(408-294-3414)

Blue Shield's Access Baja HMO

Blue Shield's Access Baja HMO offers qualified care from the Access Baja HMO Provider Network's physicians and hospitals in Tijuana and Mexicali. Access Baja plans are sold to eligible employer groups throughout California, not to individuals. The program is open to any employee or employee's family member who works or lives in the Access Baja area.

Access Baja HMO Plans offer:

- Preventive immunizations, youth vision and ear examinations, family-planning counseling, and pregnancy and maternity care at no charge
- Fixed co-payments, no deductibles, and no claim forms
- Prescription drugs, inpatient and outpatient hospital services, and emergency care
- Worldwide urgent- and emergency-care coverage through the BlueCard Program
- Bilingual member services with toll-free customer service from Mexico and the U.S.



For more information regarding Blue Shield, visit:
www.blueshieldca.com

eligibility criteria

Individuals must live or work in:

- The municipality of Tijuana or Mexicali **OR**
- Baja California, Mexico **OR**
- California within a 50-mile radius from the U.S.-Mexico border crossing points at San Ysidro and Calexico, CA

Access Baja HMO Bilingual Member Services



800-248-5451 (from the U.S.)

001-800-248-5451 (from Mexico)



Salud con Health Net

Salud con Health Net has a variety of individual and family health plans that cover preventive, medical, and hospital services in the Los Angeles, Orange, Riverside, San Bernardino, and Ventura County service areas, and the Mexican Border (Tijuana, Rosarito, Tecate, and Mexicali). The dependents living in Mexico can receive services in Mexico only, unless it is an emergency. Plan members and their dependents who live in California have access to services in Mexico. The plans are *Salud HMO y más* (Los Angeles, Orange, Riverside, and San Bernardino County), *Salud PPO* (Los Angeles, Orange, and Ventura County) and *Mexi-Plan* (Los Angeles, Orange, Ventura, and some areas of Riverside County). If you have eligible dependents in Mexico, they also can enroll in *Salud HMO y más*, *Salud PPO* or *Mexi-Plan* and receive covered care from participating providers.

For all plans (other than the *Mexi-Plan*), a family member can obtain medical care from any primary care doctor who is part of the *Health Net Salud Network*. Or, the family member can obtain medical care in Mexico in the municipalities of Tijuana, Mexicali, Rosarito, and Tecate. In Mexico, doctors must be part of the *Sistemas Médicos Nacionales S.A. de C.V.* (SIMNSA) Network.

Each member chooses a physician. Plan members and their dependents who live in California have access to services in Mexico. If family members choose a SIMNSA Network doctor in Mexico, they are not covered for care received in the United States.



www.saludconhealthnet.com

(Click on "View this page in English" link)



800-266-6606

eligibility criteria

- Must reside or work in Los Angeles, Orange, Riverside, San Bernardino, or Ventura County
- Must be under the age of 65, not be eligible for Medicare, and meet application requirements
- The spouse, if under age 65, and all unmarried dependent children under 19 years old are also eligible
- Unmarried dependent children enrolled in accredited schools as full-time students and less than 24 years old are also eligible, if proof of full-time student status is provided
- When applicable, Health Net accepts the Matricula Consular (Mexican I.D.)

Mexican Social Security Institute – Health Insurance for Mexicans Abroad

The Mexican Social Security Institute (**IMSS**) provides health insurance to the families of Mexicans who work outside of Mexico. The program allows those of Mexican origin and their families to incorporate themselves into the Mexican Social Security System and receive health care services in Mexico. Services include doctor visits, hospital care, surgery, prenatal and maternal health care, lab tests, X-rays, and prescription drugs. You can enroll by paying an annual fee for each of the family members enrolled.

eligibility criteria

- Available to all Mexican nationals and people of Mexican origin who live and work outside of Mexico
- A copy of the birth certificate of the person who seeks coverage
- Restrictions may apply for individuals with pre-existing health conditions



www.imss.gob.mx (Spanish only)



800-981-2486 (Spanish only)

Toll free from anywhere within the U.S.,
8 a.m. - 4 p.m., Monday through Friday



Seguro Popular for Migrant Families

Seguro Popular for Migrant Families is health insurance for Mexican families who are not enrolled in either **IMSS** or *Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado (ISSSTE)* in Mexico. The program allows the dependents of Mexicans living abroad to receive health care services in Mexico, including general medicine, prenatal and maternal health care, laboratory tests, and hospitalization. *Seguro Popular* is now available in all regions of Mexico.

Check with the *Secretaría de Salud (SSA)* hospital in your municipality to see if *Seguro Popular* is available in your community. The annual family enrollment fee varies depending upon the income of each family.

This program is available to:

- Families that consist of a wife, husband, and children under 18 years of age
- Single kids in school from ages 18-25
- Dependent children with disabilities
- Direct relatives over 64 years of age
- Other dependents living in the home



www.seguro-popular.salud.gob.mx

(Spanish only)

eligibility criteria

- Available to all Mexican people who live in the areas where *Seguro Popular* is available, even if one or more family members live abroad (must be immediate family)
- Not enrolled in IMSS, ISSSTE or a private health insurance provider
- Pay an annual fee after income resource test
- Family member can solicit *Seguro Popular* through the Module of Affiliation and Orientation (MAO)

Women, Infants, and Children Supplemental Nutrition

Women, Infants, and Children (**WIC**) is a supplemental food and nutrition program for low-income children under age five, and pregnant, breastfeeding, and post-partum women who are at nutritional risk. WIC provides nutritious foods, nutrition education, and referrals to health and other social services to participants at no charge.

A person who participates, or has family members who participate in certain other benefit programs, such as the Food Stamp Program, Medi-Cal, or CalWORKs, meets the income eligibility requirement for WIC.

eligibility criteria

- An income of no more than 185% of the Federal Poverty Level (see page 2)
- California resident
- No immigration requirement



For additional WIC information and county contacts:



www.fns.usda.gov/WIC



888-942-9675

Food Stamp Program And California Food Assistance Program



The federally funded Food Stamp Program helps low-income people buy the food they need for good health. Food Stamps can be used to purchase:

- **Food for human consumption**
- **Seeds and plants to grow food for household use**

There is also a state program – the California Food Assistance Program (**CFAP**) – that assists low-income immigrants who are ineligible for food stamps because of their immigration status. Qualified immigrants, victims of trafficking and lawful temporary residents who are ineligible for federal food stamps are eligible for CFAP.

eligibility criteria

- Households must meet resource and income requirements. Detailed information regarding general eligibility and immigrant eligibility is available at:
www.dss.cahwnet.gov/foodstamps/PG841.htm
To find out if you may be eligible, go to:
www.fns.usda.gov/fsp/applicant_recipients/fs_Res_Ben_Elig.htm
Program pre-screening tool:
<http://65.216.150.143/fns/>



800-221-5689*



www.fns.usda.gov/fsp

*Note: California Food Assistance Program (CFAP) phone numbers vary by county. All county contacts are posted on this Web site:

www.dss.cahwnet.gov/foodstamps/PG839.htm



Frequently Asked Questions

1 What Basic Documentation Do I Bring To Apply For Health Care Services?

Bring as many of the following as possible with you when applying for a health coverage program:

- Application form(s). Answer all questions honestly and accurately.
- Proof of income (not needed if you are pregnant or a child under 19). Examples: paycheck stub(s) for most recent month, unemployment benefits, proof of disability payments, letter from your employer, self-affidavit (Medi-Cal and Healthy Families only), copy of Federal Income Tax 1040 form, or Schedule C.
- Proof of deductions for child support, alimony, dependent care, child care (such as receipts or canceled checks).
- Copies of birth certificates or proof of immigration status, if applying for full scope benefits. To apply for restricted scope benefits, you do not need proof of immigration status.
- A Social Security card or application if you are applying for full scope Medi-Cal (several programs do not require this).
- Resources or assets (i.e., bank statements, car registration, proof of other valuable items).
- **Proof of California residency:** For Medi-Cal applications, you may use your proof of income as proof of residency. If your income is not from California, you may use rent, mortgage, or utility receipts in your name or a relative's name, California ID, California driver's license, California car registration, employment or registration with an employment agency, your child's/children's California school registration, food stamps or cash assistance. Other documents also accepted: church records, school ID card, recent court documents, police records, marriage or divorce records in California, insurance documents, or your name listed in the phone book.

2 What Other Health Care Coverage Programs Might Be Available?

Cancer Detection Programs: Every Woman Counts provides annual screenings and diagnostic services for breast cancer to low-income women age 40 and older, and cervical cancer screenings to women age 25 and older. The state's program for prostate cancer provides treatment for up to 12 months for qualified individuals.



800-511-2300
(Breast, cervical)

800-409-8252
(Prostate)



www.dhs.ca.gov/cancerdetection/default.htm

3 What Cash Assistance Programs Are Available?

CalWORKs, Supplemental Security Income (SSI), State Supplementary Payment (SSP) and the General Assistance/Relief (GA/GR) Program provides cash aid.

CalWORKs is a statewide welfare program. GA/GR is for eligible indigent adults and can be accessed through county Departments of Social or Human Services.

SSI provides monthly cash payments to persons who satisfy the criteria as needy aged, blind, and disabled persons. The SSI payment is augmented with a State Supplementary Payment (SSP) grant to assist recipients with basic expenses.

Eligibility Requirements:

SSI/SSP: Individuals and certain immigrants who are age 65 or who are blind or disabled, and meet the income and resource tests, and have citizenship/qualified lawful alien status, California residence.

CalWORKs: To be eligible for CalWORKs, a family must have a child who is under age 18 (or under age 19 if the child is currently attending high school or vocational school), and meet deprivation requirements. For more information, please visit the CalWorks Web site.



800-772-1213
(Social Security Administration)



www.ssa.gov (Social Security Administration)

www.cdss.ca.gov/cdssweb/PG85.htm (CalWORKs)

www.cdss.ca.gov/agedblinddisabled/PG1423.htm (SSI/SSP)

4 Is There a Cash Assistance Program for Immigrants Who Do Not Qualify for SSI?

Yes!

The Cash Assistance Program for Immigrants (CAPI) is a state program that provides cash assistance to immigrant seniors and immigrants with disabilities who are ineligible for SSI due to their immigration status. Immigrants who are eligible for CAPI may also be eligible for Medi-Cal and/or food stamps.

Eligibility Requirements:

"Qualified" immigrants (see page 3) and persons who are "Permanently Residing in the U.S. Under Color of Law" (PRUCOL) may be eligible if lawful entry into the United States was on or before August 21, 1996. Individuals must also meet the federal SSI income and resource rules.



Contact your county Medi-Cal Office;
find your county phone number by calling

916-464-7547



www.cdss.ca.gov/cdssweb/PG42.htm

Resources



For pro bono legal assistance, contact:

The American Bar Association's directory
www.findlegalhelp.org
www.lawhelp.org



Legal Services Hotline for Seniors:

800-222-1753

For translation services, try calling:

PALS for Health
213-553-1818

For Individuals With Developmental Disabilities:

The California Department of Developmental Services (**DDS**) has 21 regional centers throughout California that offer diagnostic exams, support, information and services for people with development disabilities and their families. Developmental disabilities include mental retardation, cerebral palsy, epilepsy, autism, and conditions similar to mental retardation.



916-654-1690

or



www.dds.ca.gov

Human & Social Services Departments (Unless Otherwise Noted)

Alameda County	888-999-4772	Nevada County	530-265-1340
Alpine County	530-694-2235	Orange County	714-435-5900
Amador County	209-223-6550	Placer County	530-889-7610
Butte County			916-784-6000
<i>Dept. of Employment & Social Services</i> .	530-538-7711	Plumas County	530-283-6350
Calaveras County		Riverside County	951-358-3000
<i>WORKs and Human Services Agency</i> . . .	209-754-6448	Sacramento County	
Colusa County	530-458-0250	<i>Department of Human Assistance</i>	916-874-2072
Contra Costa County	925-313-7987	San Benito County	831-636-4180
Del Norte County	707-464-3191	San Bernardino County	909-387-2020
El Dorado County	530-642-7300	San Diego County	866-262-9881
Fresno County	559-488-1888	San Francisco County	
Glenn County		<i>Medi-Cal Health Connection</i>	415-863-9892
<i>Human Resources Agency</i>	530-934-6514	San Joaquin County	209-468-1000
Humboldt County	707-269-3590	San Luis Obispo County	805-781-1600
Imperial County	760-337-6800	San Mateo County	
Inyo County	760-872-1394	<i>Human Services Agency</i>	650-802-7500
	760-876-5545	Santa Barbara County	805-681-4401
Kern County	661-631-6000	Santa Clara County	408-271-5600
Kings County		Santa Cruz County	831-454-4130
<i>Human Services Agency</i>	559-582-3241	Shasta County	530-225-5704
Lake County	707-995-4200	Sierra County	530-993-6720
Lassen County		Siskiyou County	530-841-2700
<i>Lassen WORKs &</i>		Solano County	707-553-5311
<i>Community Social Services</i>	530-251-8152	Sonoma County	
Los Angeles County		<i>Economic Assistance Service Center</i> . . .	877-699-6868
<i>Department of Public Social Services</i> . .	800-427-8700	Stanislaus County	
Madera County	559-675-2300	<i>Community Services Agency</i>	209-558-2777
Marin County	415-499-7118	Sutter County	530-822-7230
Mariposa County	209-966-3609	Tehama County	530-527-1911
<i>For food stamp information</i>	800-266-3609	Trinity County	530-623-1265
Mendocino County	707-463-7700	Tulare County	559-737-4660
Merced County		Tuolumne County	209-533-5711
<i>Human Services Agency</i>	209-385-3000	Ventura County	805-658-4100
Modoc County	530-233-6501	Yolo County	
Mono County	760-924-1770	<i>Employment & Social Services</i>	916-375-6200
Monterey County	831-755-8500		530-661-2750
	831-755-4650	Yuba County	530-749-6311
Napa County	707-253-4511		

Free copies of this guide (publication No. 2371) can be ordered by phone and via the Internet:



888-430-2423

www.chcf.org/salud